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homemakers' chat

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OF AGRICULTURE

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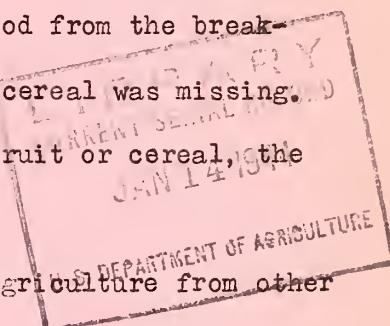
Subject: "BETTER BREAKFASTS FOR ALL THE FAMILY." Information from nutritionists of the U. S. Department of Agriculture,

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Eight hundred women could be wrong --- and nutritionists considered them very decidedly wrong when they made a recent government survey, to learn what kind of breakfasts these women were giving their husbands when they started off to work in war plants. Practically every one of the 800 women interviewed who gave her morning menus had left out an important kind of food from the breakfast as it was usually served. Generally the fruit or the cereal was missing. Apparently these women thought that if they served either fruit or cereal, the other wasn't necessary.

Similar reports have come to the U. S. Department of Agriculture from other studies of the breakfasts people eat before they go to work in defense plants or factories, as well as those who work as office workers, school children, and homemakers. In war plants, as a general thing, the people who don't eat enough breakfast don't produce as much in the first hour of work as do those people who eat a good breakfast. During the morning the hungry ones become less efficient. Immediately after lunch they do much better. Then they slack off again. A person is more efficient when he eats breakfast than when he doesn't --- the main difference comes in the morning hours.

Studies have also shown that children who eat proper breakfasts have a better chance to do well in school than the children who don't eat a good breakfast. One study among factory workers showed that only 12 percent of the men workers and 26 percent of the women had included fruit or fruit juice in their breakfast. Seventy-three percent of the men and 36 percent of the women ate break-



fasts containing eggs or meat but no fruit. A good many women and some men had nothing but a cup of coffee for breakfast.

The "no-breakfast" fad is very prevalent. It may have been started by girls and women who wanted to keep slim, but it's also followed by people who don't get up in time of fix and eat the right kind of breakfast. They dash off to work in a hurry and expect to make up for their poor breakfast later in the day. But when parents allow children and students to neglect breakfast, it's unfortunate, because very often the children have no chance later to make up for lack of breakfast or for a poor breakfast.

You've probably heard of another type of breakfast the nutritionists frown on --- coffee with pie or doughnuts, without fruit, cereal, or milk. Sometimes such a breakfast includes eggs or meat, but it is still a poor breakfast. The high-calorie foods like doughnuts or pie "stay by" well for several hours to the next meal, but the total meal lacks important kinds of food.

Perhaps if you've been serving any of these wrong breakfasts, you are now wondering what is the right kind of breakfast to give your family. Well, the nutritionists recommend a breakfast pattern something like this: fruit or fruit juice... bread and butter or fortified margarine...milk...cereal or other main dish. For children all menus should include at least one glass of milk or a hot drink made of milk, like cocoa.

Children of school age can eat virtually everything their elders have for breakfast, except tea or coffee. So with milk or cocoa for the children, one menu will do for all --- the grown-up workers in the family, and the children.

You can vary the different parts of breakfast from day to day --- the fruit, the kind of bread, the cereal or other main dish, and the beverage. In many families breakfast begins with fruit, but some people like a hot food first in cold weather, and prefer their fruit last. Changing the order of the menu does not matter. Citrus fruit is first choice as a breakfast fruit --- an average serving

of 4 ounces or half a glass of orange juice or half a grapefruit goes far toward meeting vitamin C needs for the day.

Toasted bread is quickly made, especially with an electric toaster that works right at the table, but for the sake of variety, why not have hot breads once in a while? Corn bread, muffins, biscuits and popovers are all cereal foods, as are ordinary breads. Maybe you've never thought of griddle cakes and waffles as cereal foods, but both are made with flour, and count as part of the the cereal in the menu. Whichever of these cereal foods you are having,---porridge, hot bread, or hot cakes, --- serve whole-grain or restored cereals and enriched flour and bread.

A hearty cereal mush or porridge, which is usually served with milk, is a good main dish for breakfast. But everybody needs eggs, and if eggs are not included in other meals, have them as the main dish for breakfast several times a week. You might also serve fish once in a while. For example, creamed white fish flakes on toast, or codfish balls, or a smoked fish. The variety meats make good breakfast dishes, too --- kidneys, liver, or brains.

When you are planning breakfasts, it's well to remember what the word "breakfast" means. It is the first meal after the longest interval in 24 hours without food --- often it's 12 or 14 hours from supper to breakfast, so you are literally "breaking a fast." You are going to refuel the body at breakfast time for the day's work.

Children need to get about one-third of the day's food in the first meal of the day. Older persons need from one-fourth to one third of the day's food at breakfast, depending on what kind of lunch and dinner each one gets. Some members of the family have a hot lunch or a full dinner, while others may miss the hot family dinner at noon and get only a light supper.

Although you should not make changes in the kinds of food served to different ones at breakfast, you can give larger or smaller portions to fit the other meals of the day. Remember, the most important foods for breakfast are fruit or fruit juices, whole-grain or restored cereals, or other main dish and milk.

